June 2012

Cambridgeshire Older People's Newsletter

We hope you find this newsletter useful. If you would like to submit an article for a future newsletter, please contact Amanda Warburton at amanda.warburton@cambridgeshire.gov.uk. Please be aware that articles may need to be edited. Unfortunately we are unable to produce printed copies of this Newsletter so we ask that you share it widely with friends, family and colleagues. The Newsletter and other information about getting involved with services can be found here.

Remember, you can access all the information you need about social care at our new website – Your Life, Your Choice

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Falls Awareness Week

The week starting 18th June is National Falls Awareness week and on Tuesday 19th June, 10.00-16.00 Cambridge Community Services will be holding a Falls Fayre at The Davidson Therapy Centre, Brookfields Hospital, Mill Road, Cambridge.

There will be stalls, small exhibitions and taster classes for the various types of exercise groups and refreshments will be available. Areas covered will range from causes of falls, blood pressure, osteoporosis to foot care and walking stick maintenance. So a wide range of information revolving around falls and why people fall.

The open day is free so come along and have a look.

Borrowing money from illegal money lenders

If you, a family member or friend are having financial difficulties or wish to borrow money quickly, it may be tempting to borrow money from illegal money lenders, known as 'loan sharks', who lend cash without asking questions about a borrower's financial situation. Trading Standards urge that such lenders be avoided and assure everyone that there are safe, reliable lenders that can be used.

Loan sharks often call at the door or people hear about them through word of mouth. At first they seem friendly and helpful and it might seem like a quick and easy way to borrow money. The trouble is that these people usually charge huge interest on their loan, meaning borrowers have to pay back much more than they borrowed and far more than they can afford. With no paperwork to record what is expected to be repaid, a loan of a few hundred pounds can soon lead to a demand to repay thousands of pounds - and the debt can quickly become too much to ever repay. If someone struggles to keep up their repayments, loan sharks may use intimidation, threats and even violence to ensure the money is found somehow. It is believed that around 310,000 households in the UK currently owe money to loan sharks.

Luckily there are safe places to borrow money from, even for those with financial difficulties. These lenders stick to the law, make clear from the start the total amount to be repaid and collect repayments in a lawful way.
Your local Citizens Advice Bureau (CAB) can advise which lenders are most suitable. You can find your nearest Bureau by visiting www.citizensadvice.org.uk or by calling 08444 111 444.

The England Illegal Money Lending Team was set up because of the misery and fear that loan sharks cause. Cambridgeshire County Council are working with this team and local District Councils, to tackle loan sharks in the county, raise awareness of them and to support their victims.

If you know of any loan sharks operating in the area, the England Illegal Money Lending Team wants to hear from you. Call 0300 555 2222, text 'loan shark + a message' to 60003 or email reportaloanshark@stoploansharks.gov.uk. Lines are open 24/7 and your details will be kept confidential.

If you or someone you know already owes money to a loan shark, the Illegal Money Lending team can offer advice and support. So nobody should suffer in silence, contact the team using the details above.

Buy with Confidence approved trader scheme

At Cambridgeshire Trading Standards we have just introduced a new approved trader scheme, 'Buy with Confidence'. The scheme is designed to provide Cambridgeshire residents with a choice of traders, all of which have demonstrated a commitment to providing a high quality service and have been thoroughly checked by us.

To expand our list of current members we are currently undertaking a recruitment drive. If you are, or know of, a reliable trader in Cambridgeshire we want to hear from you!

How does a business join the scheme?

You can access further information and application forms at www.buywithconfidence.gov.uk. Alternatively you can ring Cambridgeshire Direct on 0345 0455206 to be sent an information pack.

Nominating a trader to join the scheme

If you know a trader that you would recommend, you can nominate them by emailing bwc@cambridgeshire.gov.uk or by calling Cambridgeshire Direct on 0345 0455206. We will do the rest.

How to use the scheme

There are a number of ways you can find traders on the scheme:

- Visit www.buywithconfidence.gov.uk.
- Telephone the Citizens Advice Consumer Helpline on 08454 040506.
- Visit your local library where staff can look up traders for you.

Our checking procedure ensures the quality of our members but does not provide a price guarantee. We recommend that you still get three quotes to ensure you are happy with the price.

To find out more about the scheme, visit www.buywithconfidence.gov.uk or contact Cambridgeshire Direct.

Huntingdon Commemoration Hall events

The Commemoration Hall in Huntingdon now holds Zumba Gold classes here on Sundays at 3:30pm till 4:10pm. Zumba is a fusion of latin and international music and dance that creates a dynamic, exciting and effective cardio workout. Zumba Gold is specifically for the active older adult.

We also hold Tai Chi Classes here on a Monday and Tuesday Morning 9am till 1pm, Bridge Club on a Monday night 7pm till 11pm and Line Dancing on a Wednesday evening from 7pm till 10pm.

We also have an indoor market here every Friday and Daybreak Church on a Sunday morning 11am till 2pm.

For more details please contact 01480 455167 or visit http://www.commhall.org.uk/

Broaden Your Horizons

a project for over 55's.

programme of Events 2012

July 5th

1.30 until 3.30 p.m.

Fun Quiz.

It's the Olympics… so exercise your brain!

Tea and cake included in the ticket price of only £2.50

October 4th

2 till 4 p.m.

Culture Day

Food, fun and frivolity.

Come and learn something new, have a dance, eat some great food and have an enjoyable afternoon to celebrate the International day of older people.

FREE, but must be booked.

November 8th

1.30—3.30 p.m.

Fun Quiz

The nights are drawing in, so get out of the house and have some fun!

Tea and cake included in the ticket price of only £2.50

Date for your Diary…

January 24th 2013… New Year Cheer Event.

Dancing, Singing, Food and Friends! Tickets go on sale end of 2012.

At Buchan Street Neighbourhood Centre

Call 508149 for more information

CAMBRIDGE CITY COUNCIL

Kings Hedges and Orchard Park

Walks and Picnics

June 7th 2012

Leaving Orchard Park Community Centre at 11.30, collecting from Buchan Street Neighbourhood Centre and walking on to Nun's Way Recreation Ground to join others for a Jubilee Picnic, fun and games (until 2 p.m.)

August 2nd 2012

Leaving Buchan Street Neighbourhood Centre at 11.30, collecting from orchard Park Community Centre, walking a route in orchard park with a quiz and picnic to follow.

August 16th 2012

Leaving Orchard Park Community Centre at 11.30, collecting from Buchan Street Neighbourhood Centre and walking to the meadows Community Centre for parachute games and a picnic to follow.

October 23rd 2012

Leaving Orchard Park Community Centre at 11.30, collecting from Buchan Street Neighbourhood Centre and walking a route back to Buchan Street Neighbourhood Centre with a treasure hunt on route and a picnic to follow.

FREE but please book spaces

CAMBRIDGE CITY COUNCIL

For more information or to book places, contact 508149 or bsnc@cambridge.gov.uk

Holiday Fun for all

CAMBRIDGESHIRE OLDER PEOPLE'S ENTERPRISE

A Forum planning for the future for and by persons aged 50 and over.

COPE, a registered charity, fulfils various important health related functions for the over 50's, which include social contact, friendship support and provides information via a monthly newsletter.

The picture below shows members at a COPE meeting in St Ives, listening to Daryl Brown, CEO of Magpas, speaking on **Surviving Major Trauma**. Daryl will update us on this subject at our Health & Social Care Forum in Cambridge on July 16th.

COPE (Cambridgeshire Older People's Enterprise) will be holding an event on Armed Forces Day on Saturday June 30th at St Leonard's Church, Leverington at 3 p.m. John Marham, the Community Psychiatric Nurse for the Anglia region of the Combat Stress Outreach Team will be the keynote speaker. COPE has organised a coach to collect people from Cambridge, Ely and Chatteris. Only £5 per person to include a performance by the Hilgay Silver Band and refreshments. Proceeds to "Combat Stress" and the Church Restoration Fund. Please contact Peter Pryke on 01945 466915 or Rhona Boorman on 01223 301497 or COPE on 01223 364303."

New to COPE and starting on Thursday July 12 – free Tai Chi sessions at our Community Centre. Donations welcome towards our tutor's valuable time. According to scientists, practising the ancient martial art of **Tai Chi** is so beneficial that it should be the preferred technique for elderly people to maintain good health. Focusing the mind solely on the movements helps to bring about a state of mental calm and it lowers blood pressure.

If you would like to join COPE (it is free to become a member) or require further information or would like a speaker to inform your group or club about the work COPE does please call 01223 364303 or email cambridgecope@hotmail.co.uk or visit our website www.cambridgecope50.org

Cambridgeshire Celebrates age 2012 (CCA)

Plans for this years CCA programme to celebrate 'International Day of Older People' on October 1st are well underway. The theme for this year is 'Active Ageing '.

A brochure detailing one off celebratory events during and around October will be published in September. This will be followed up in December with listings of regular activities for older people in each district council area in the county.

Anyone wishing to get involved can contact their link person listed below. Details of how to get events listed in either of this year's brochures can be found in our information pack which can be requested from Georgina Pouter.
This years' programme will be launched on September 19th. Anyone wishing to attend please contact Sally Roden or Georgina Pouter.

General enquiries/Cambridge City:
Sally Roden Tel: 01223 457685
Email: sally.roden@cambridge.gov.uk
Georgina Pouter Tel: 01223 508150
Email: georgina.poulter @cambridge.gov.uk

South Cambs:
Suan Rowland Tel: 01223 290788
Email: suanrowland@btinternet.com
Tim Herod Tel: 01954 713297
Email: timothy.herod@scambs.gov.uk

East Cambs and Fenland
Thelma Wadsley Tel: 01945 589953
Email: thelma.w@care-network.org.uk

Huntingdonshire:
Beth Goldsborough Tel: 01480 418664
Email: bethany.goldsborough@cambridgeshire.nhs.uk

Get into Golf in Cambridgeshire

Cambridgeshire's Get into golf events are an open invitation to all to get in the swing throughout the county at various times. It's part of the national Get into Golf campaign which aims to inspire people of all ages and backgrounds to take up the game.

At The Cambridge Golf Driving Range, Kingsway Golf Centre, Melbourn, Nene Park Golf, Peterborough and Cambridge Meridian Golf Club, Toft qualified PGA coaches and volunteers from the Cambridgeshire Golf Partnership will encourage newcomers and returners to have a go at golf.

Visitors will also be given information about coaching and membership offers from local golf clubs and other projects organised by the Partnership, which aims to grow the game in the county. John Harvey, the County Development Officer, said: "Golf is a game for everyone and a game for life and I can promise a very warm welcome for all. We hope lots of people will have a go and take advantage of our follow-up opportunities."
Full details at www.cambridgeshiregolf.co.uk

Get into Golf is a national campaign to raise awareness about the game and the opportunities for newcomers and returners. It is run by the England Golf Partnership (EGP) through its network of County Golf Partnerships. Together, they work to grow the game and to achieve the EGP's vision of making England the world's leading golf nation by 2020.

The Get into Golf website and free telephone hotline offer details of taster and coaching opportunities across England. Visit www.getintogolf.org or call 0800 118 2766

For more information, and to visit the Cambridgeshire's Get into Golf events and to have a go at golf, contact:
John Harvey
Golf Development Officer
Telephone: 07506 735925
Email: john.harvey6@gmail.com

COPE St Ives

The meetings take place on the second Friday of the month at St. Ives Free Church. Our meeting in July will be on 13th, 10.30 to 12.00 where the speaker will be Nicola Rule on how the local Huntingdon Community Radio Station, HCM104fm was set up and operates.

All are welcome at these meetings, with refreshments and raffle.
Come and join those making the most of their lives For COPE membership, Please contact Gerald Collins, Vice Chairman and representative for Huntingdonshire, 01480 370808.

Re-ablement in Cambridgeshire: A Success Story

Re-ablement is short term support designed to help people become as independent as possible. This may be support with personal care, getting dressed or undressed, to prepare a meal or manage medication. The re-ablement service “works with” rather than “does for” people requiring short-term support following illness or an operation so that they learn (or re-learn) important tasks for everyday living and regain their independence. Programmes can last for as little as a few days and generally will not exceed six weeks.

Since Re-ablement was introduced in 2010 by the County Council and its NHS partners 2,900 people have completed a Re-ablement programme. In 2011-12, 55% of people who completed a Re-ablement programme had regained their independence and required no further support at the end of the programme.

More information about Re-ablement is available on the County Council website.
www.cambridgeshire.gov.uk/social/re-ablement

The future of older people's day services

With increased life expectancy and a growing population, the number of older people in Cambridgeshire is expected to rise steadily until at least 2021, resulting in a need for services that maximise independence and achieve the best possible health and well-being for older people, including those with a mental health need.

As part of a review of older people's day services a consultation took place at the end of 2011 to seek the views of providers, staff, carers and service users on the future shape of day services for older people in Cambridgeshire.

Following the review and consultation a vision statement for the future of day services and opportunities for older people in Cambridgeshire has been produced which aims to ensure:

- more people have access to day services and have more choice and control over the services and support they receive;
- services are more personalised to focus on individual needs and the needs within the local community;
- services benefit individual service users, including those with a mental health need, and their carers as well as reflecting the needs of Cambridgeshire's diverse communities;
- early intervention to support individuals to enjoy healthy, social and active lives, reduce unnecessary hospital admissions and the need for other health services;
- involvement of communities and older people in improving services and having a say in how they are run.

This would be provided through a three-tiered provision comprising: intensive support (Tier 3); community hubs (Tier 2); and universal services (Tier 1).

The vision recognises the value of day services to individuals and their carers where the individual has a long-term condition such as dementia, at the same time as making more effective use of the resources available through sharing resources and focusing on the value of community support and prevention. The Quality for Adults Programme Board has endorsed the vision and a staged approach is being used to move forward work on delivering a modernised service. Stage one included a review of existing block contracts and stage two will focus on re-modelling the service and placing more emphasis on prevention, community involvement and the development of personalisation.
The vision for the future of older people's day services is available on the council website.

Reminiscence: does it make a difference?

Friday 20 July 2012, 10am to 1.30pm

Hughes Hall, Cambridge

Museum staff, volunteers and colleagues from health and social care are invited to this seminar to discuss the results of an independent study of the impact of the 'Key Memories' project in Cambridgeshire which fostered partnership working between museums and care settings.

The seminar will include a look at:

- the impact of reminiscence on individuals and organisations
- the use of dementia care mapping
- building and sustaining effective partnerships
- the importance of training for museum and social care staff.

'Key memories - recollections of my first home' is a Cambridgeshire Museums Advisory Partnership (CMAP) programme which started in 2008 with funding from the Heritage Lottery Fund. The impact study was part of the *Effective Museums* East of England museum development programme for 2012-13 funded by Arts Council and managed by Norfolk Museums & Archaeology Service.

To book a place go to:

http://www.sharemuseumseast.org.uk/course-collections.aspx?course=reminiscence-does-it-make-a-difference&date=20_Jul_2012

Bookings close on 6 July 2012.

This event is free of charge. Refreshments and lunch will be provided.

Ever thought about having a Direct Payment for social care?

If you are eligible for social care support through a Personal Budget do you know that you can take all or part of this as a Direct Payment. A Direct Payment can be used to arrange your own support or in some instances a Direct Payment can be used to purchase equipment to help with day-to-day living.

Mick is 70, he uses his Direct Payment to employ someone to take him fishing at a disabled fishing lake once a week. Tim and Annie use their Direct Payments to enable them to live independently, and Fran employs a personal assistant to help her.

A Direct Payment enables you to make your own care arrangements, giving you more choice and control over what fits with your life. You are able to manage the support and services you receive and choose who provides this support. *"Direct Payments let me choose who cares for me and when",* says Neil.

Anyone assessed as qualifying for social care support from the local authority, or qualifying for daily living equipment, can have a Direct Payment – a cash sum paid to you to enable you to make your own social care arrangements. To find out more about Direct Payments:

- pick up a copy of our leaflet Self-Directed Support and Direct Payments from your library
- visit Cambridgeshire's adult social care information and advice website www.yourlifeyourchoice.org.uk/direct-payments.aspx
- contact Penderels Trust a user led organisation with a long and successful track record in supporting people to Direct Payments work for them, Tel: 01223 351150 www.penderelstrust.org.uk
- phone adult social care enquiries based at Cambridgeshire Direct on 0345 045 5202.

If you already have a Direct Payment www.cambridgeshire.net can help you to find social care support and services.

Useful Contacts

Age UK Cambridgeshire	0300 666 9860
Alzheimer's Society	01223 863854 Cambridge & Ely
	01733 893853 Huntingdonshire
	01945 580460 Fenland
Carers Services	01223 712055 City/South
	01480 420617 Huntingdonshire
	01353 652205 East Cambs
	01354 750010 Fenland
Cambs Fire & Rescue	01480 444500
Cambridgeshire Constabulary	101 Non emergencies
Cambridgeshire County Council	0345 045 5202 Social care/carer enquiries
Care Network Cambridgeshire	01954 211919
Cambridgeshire Link	0300 365 1245
Citizens Advice Bureaux	0844 848 7979 Cambridge
	0845 130 6442 Ely
	01945 464367 Fenland
	01480 388900 Hunts
COPE	01223 364303
COPRG	01223 208915 Grace Everson (Sec)
Disability Cambridgeshire	01480 839192
Falls Prevention	01480 416398 Huntingdonshire
	01223 883710 City/South Cambs
	01354 644217 East/Fenland
Help at Home (previously Welcome Home from Hospital) Care Network	01223 714433 (South Cambs)
	01353 772169 (East Cambs)
	01354 694413 (Hunts & Fenland)
Libraries Information	0345 045 5225
Doorstep Service - delivered to the housebound	01223 718358 City & South
	01480 375023 Hunts
	01353 616169 East
	01354 754766 Fenland
Patient Advice & Liaison Service	0800 013 2511 CCS NHS Trust
Trading Standards	0845 04 05 06

Cambridgeshire County Council, Adult Social Care
Box CC1310, Castle Court, Castle Hill, Cambridge, CB3 0AP, Tel: 01223 715578
Email: amanda.warburton@cambridgeshire.gov.uk